

From: Bonnie K <kokomeezer@gmail.com>
Sent: Wednesday, December 23, 2009 2:13 PM
To: ATR-Agricultural Workshops <agriculturalworkshops@usdoj.gov>
Subject: regarding the consolidation of food

I am a licensed acupuncturist in the state of Washington. I am also a person who is mildly lactose intolerant and has some food sensitivities. Many of my patients are sensitive to wheat gluten, MSG, soy and corn

I am very concerned about the consolidation of corporate power in the food and agriculture sector. As large corporations come in they start to put smaller producers out of business. My patients who have food sensitivities often find that large corporations are able to switch certain products with others without having to make changes on the packaging. For instance, corn and soy oil are often used when the label states vegetable oil. For those who are extremely sensitive to soy, this limits their choices even further. While they cook most items at home, everyone wants a break now and then.

Small producers are often better able to serve their special needs customers. However, they need to be able to track their own ingredients from farm to the kitchen for their choosy eaters. As more and more farming is consolidated, it becomes more and more difficult to do so.

I am very careful about what I eat. I want to know what is in my food. I, as I recommend to my patients, do most of my cooking at home. If I cannot purchase from local farmers, it becomes very difficult for me to make choices that are healthy for my body.

There is nothing more important to an individual's health than food. Large corporations are about profit and not health. We cannot have an impersonal profit driven machine making the most basic decisions about what is healthy for everyone.

Thank you for your time

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